

Summer Academy UNIT OF STUDY

Personal Wellness / Fitness	
Unit Title Length of Delivery of Unit Team Members	PERSONAL WELLNESS/FITNESS <input checked="" type="checkbox"/> FITNESS UNIT: THROUGHOUT THE SEMESTER BRANDON JOHNSON, LOUIS BROWN, SUE SHILLING
Unit Objective or Purpose:	TO ENHANCE STUDENTS' KNOWLEDGE AND <input checked="" type="checkbox"/> PARTICIPATION IN EXERCISE AND FITNESS ACTIVITIES
Academic Goals & Standards: (Locate standards on the district web site: Click on District Dept Click on Curriculum Click on Academic Goals And Standards – left side column listed by grade levels)	A B <input checked="" type="checkbox"/> C D E
Connection to district curriculum: (Briefly describe how existing curriculum will be enhanced through this project.)	THIS COURSE IS PART OF THE NEW FHS PHY ED CURRICULUM THAT WILL BE IMPLEMENTED IN 2009- <input checked="" type="checkbox"/> 2010. THIS IS AN EXCITING CLASS THAT WILL BENEFIT EACH STUDENTS OVERALL KNOWLEDGE AND LEVEL OF FITNESS.
BRIEFLY highlight how each of the five strands are represented in the unit. Literacy, Tech Tools, Differentiation, Assessment, Information Literacy	- LITERACY - STUDENTS WILL BE WRITING REFLECTION LOGS REGARDING FITNESS ACTIVITIES. - TECH TOOLS - THE INTERNET WILL BE USED TO GIVE PRESENTATION AND USE OF HEART RATE MONITORS <input checked="" type="checkbox"/> - DIFFERENTIATION - STUDENTS WILL BE ABLE TO PERFORM AND DEVELOP AT THEIR OWN LEVELS OF FITNESS/PROGRESSION - ASSESSMENT - A VARIETY OF WRITTEN, RUBRICS, AND PERSONAL FITNESS PLANS WILL BE UTILIZED - INFORMATION LITERACY - STUDENTS WILL INTERPRET CHARTS & GRAPHS TO USE AS INFORMATION IN FITNESS DEVELOPMENT